

## MEAL PLAN

### WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>BREAKFAST:</b> <i>Sweet Potato Bacon Waffle:</i> Preheat a waffle iron and mist with cooking spray. Cook 1 slice bacon in a small skillet, then crumble. Transfer to a bowl with 1 3-oz sweet potato, shredded, 1 egg, beaten, 1 tbsp chopped fresh chives, ½ tbsp avocado oil and pinch each garlic powder, onion powder, salt and black pepper. Mix well. Pour mixture into waffle iron, close lid and cook waffle until golden brown and crispy, about 15 minutes. Serve with 1 egg cooked sunny-side up.</p> <p><b>LUNCH:</b> Shrimp Pad Thai Salad (p. 68; eat ½, save leftovers)</p> <p><b>DINNER:</b> Turkey Lettuce Cups (p. 74; save leftovers)</p>	<p><b>BREAKFAST:</b> 2 Egg &amp; Veggie Muffins (leftovers, p. 74), heated, if desired, with ½ avocado</p> <p><b>LUNCH:</b> Shrimp Pad Thai Salad (leftovers, p. 68)</p> <p><b>DINNER:</b> Pesto Chicken Salad in Avocado Halves (p. 73; save leftovers) with 1 baked sweet potato drizzled with 1 tsp EVOO and pinch salt</p>	<p><b>BREAKFAST:</b> South-of-the-Border Hash (p. 76; save leftovers) with 2 eggs, cooked any style, and ½ avocado, sliced</p> <p><b>LUNCH:</b> Pesto Chicken Salad in Avocado Halves (leftovers, p. 73)</p> <p><b>DINNER:</b> Turkey Lettuce Cups (leftovers, p. 74).</p>	<p><b>BREAKFAST:</b> 2 Egg &amp; Veggie Muffins (leftovers, p. 74), heated, if desired, with ½ avocado</p> <p>1 apple</p> <p><b>LUNCH:</b> Pesto Chicken Salad in Avocado Halves (leftovers, p. 73)</p> <p><b>DINNER:</b> Turkey Lettuce Cups (leftovers, p. 74)</p> <p>Curry Butternut Squash Soup (leftovers, p. 75)</p>
<p><b>TOTAL NUTRIENTS:</b> Calories: 1,309, Fat: 79 g, Sat. Fat: 14 g, Carbs: 88 g, Fiber: 19 g, Sugars: 44 g, Protein: 75 g, Sodium: 2,371 mg, Cholesterol: 741 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,701, Fat: 114 g, Sat. Fat: 19 g, Carbs: 110 g, Fiber: 39 g, Sugars: 42 g, Protein: 84 g, Sodium: 2,070 mg, Cholesterol: 761 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,475, Fat: 105 g, Sat. Fat: 20 g, Carbs: 87 g, Fiber: 31 g, Sugars: 23 g, Protein: 73 g, Sodium: 1,203 mg, Cholesterol: 600 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,691, Fat: 120 g, Sat. Fat: 30 g, Carbs: 105 g, Fiber: 35 g, Sugars: 43 g, Protein: 73 g, Sodium: 1,127 mg, Cholesterol: 595 mg</p>

FRIDAY	SATURDAY	SUNDAY
<p><b>BREAKFAST:</b> South-of-the-Border Hash (leftovers, p. 76) with 2 eggs, cooked any style, and ½ avocado, sliced</p> <p><b>LUNCH:</b> Pesto Chicken Salad in Avocado Halves (leftovers, p. 73)</p> <p><b>DINNER:</b> <i>Flank Steak Fajita Plate:</i> Season 1 lb flank steak with ½ tsp each cumin, ancho chile powder, garlic powder, ¼ tsp pepper and ⅓ tsp salt. Place on a baking sheet with 1 onion, sliced, and 3 bell peppers, sliced (1 each red, orange and yellow). Broil 10 to 11 minutes, until steak is cooked through. Set aside for 10 minutes. Slice against the grain. Serve with a squeeze of lime and ¼ cup chopped cilantro (eat ½, save leftovers).</p>	<p><b>BREAKFAST:</b> 2 Egg &amp; Veggie Muffins (leftovers; p. 74), heated, if desired, with ½ avocado</p> <p>1 apple</p> <p><b>LUNCH:</b> Flank Steak Fajita Plate (leftovers)</p> <p><b>DINNER:</b> <i>Roasted Brussels Sprouts with Bacon:</i> Chop 5 slices bacon and slice 1 lb Brussels sprouts into quarters. Place on a baking sheet and season with ¼ tsp pepper and ½ tsp garlic powder. Roast at 375°F for 20 minutes, stirring halfway, until vegetables are tender and bacon is cooked (eat ½, save leftovers).</p> <p>Curry Butternut Squash Soup (leftovers, p. 75)</p>	<p><b>BREAKFAST:</b> <i>Sweet Potato Bacon Waffle:</i> Preheat a waffle iron and mist with cooking spray. Cook 1 slice bacon in a small skillet, then crumble. Transfer to a bowl with 1 3-oz sweet potato, shredded, 2 eggs, beaten, 1 tbsp chopped fresh chives, ½ tbsp avocado oil and pinch each garlic powder, onion powder, salt and black pepper. Mix well. Pour mixture into waffle iron, close lid and cook waffle until golden brown and crispy, about 15 minutes. Serve with 1 sunny-side up egg.</p> <p>1 apple</p> <p><b>LUNCH:</b> Roasted Brussels Sprouts with Bacon (leftovers)</p> <p>Curry Butternut Squash Soup (leftovers, p. 75)</p> <p><b>DINNER:</b> Flank Steak Fajita Plate (leftovers)</p>
<p><b>TOTAL NUTRIENTS:</b> Calories: 1,427, Fat: 94 g, Sat. Fat: 21 g, Carbs: 87 g, Fiber: 32 g, Sugars: 20 g, Protein: 83 g, Sodium: 1,086 mg, Cholesterol: 599 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,209, Fat: 60 g, Sat. Fat: 25 g, Carbs: 119 g, Fiber: 30 g, Sugars: 56 g, Protein: 66 g, Sodium: 1,136 mg, Cholesterol: 513 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,271, Fat: 64 g, Sat. Fat: 27 g, Carbs: 113 g, Fiber: 25 g, Sugars: 46 g, Protein: 95 g, Sodium: 1,654 mg, Cholesterol: 713 mg</p>

EVOO = EXTRA-VIRGIN OLIVE OIL